

September 2018

Anne Gordon Center for Active Adults

919-996-4720



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Closed Labor Day Holiday</p>	<p>4</p> <p>9:15a-12:15p Watercolor through history \$</p>	<p>5</p> <p>10a-11:30a Comp Basics1 \$ 2:00p-4:30p Wed Movie * On Chesil Beach - R 3:00p-5:00p Tips on buying a Comp \$</p>	<p>6</p> <p>10:00a-12:00p Miniatures Guild \$</p>	<p>7</p>
<p>10</p> <p>9:30a-12:00p SHIP Counseling by Appointment only * 10:00a-11:30a iPad/iPhone Basics 1 \$ 1:00p-4:00p Quilting Inter \$</p>	<p>11</p> <p>9:15a-12:15p Watercolor through history \$</p>	<p>12</p> <p>10a-11:30a Comp Basics1 \$ 2:00p-4:30p Wed Movie * Book Club- PG-13 3:00p-5:00p iPad/iPhone Ba- sics 1 \$</p>	<p>13</p> <p>1:30p-2:45p Trusts vs Will * 3:00p-4:00p Wealth Manage for Women *</p>	<p>14</p>
<p>17</p> <p>10a-11:30a Comp Basics 3 \$ 1:00p-4:00p SHIP Counseling by Appointment only * 1:00p-4:00p Quilting Inter \$ 1:30p-2:30p Noggin Joggin *</p>	<p>18</p> <p>9:15a-12:15p Watercolor through history \$</p>	<p>19</p> <p>10a-11:30a Comp Basics2 \$ 2:00p-4:30p Wed Movie * The Rider- R 3:00p-5:00p iPhone 2 \$</p>	<p>20</p> <p>10:00a-12:00p Miniatures Guild \$ 11a-12:30p Path to Peace * 1:00p-2:00p When Sadness is Serious *</p>	<p>21</p>
<p>24</p> <p>9:30a-4:00p SHIP Counseling by Appointment only * 10a-11:30a Comp Basics 3 \$ 1:00p-3:00 Read & Go * :00p-4:00p Quilting Inter \$</p>	<p>25</p> <p>9:15a-12:15p Watercolor Through History \$</p>	<p>26</p> <p>10a-11:30a Comp Basics2 \$ 2:00p-4:30p Wed. Matinee * Won't You Be My Neighbor - PG-13 3:00p-5:00p iPad 2 \$</p>	<p>27</p> <p>11a-12:30p Path to Peace * 1:00p-3:00p Medicare 101 *</p>	<p>28</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Chair Yoga \$	9:15 -10:00 AIM Fitness \$	9:30-1:00 55+ Club Cards \$	9:15-10:00 AIM Fitness \$	9:00-12:00 Men's Friday Morning *
10:30-11:30 Gentle Yoga \$	9:15-10:00 Zumba Gold \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:15-10:00 Zumba Gold \$
11:45-12:45 Dance Xross Fitness \$	10:15-11:00 AIM Fitness Intermediate \$	2:00-4:30 Wednesday Matinee* (over for movie titles)	10:15-11:00 AIM Fitness Intermediate \$	9:30-12:00 Bingo \$
1:00 -1:45 T'ai Chi Chair Beginners \$	10:30-11:15 Qi Gong \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	10:30-11:15 Qi Gong \$
2:00-2:45 Tai Chi Intermediate \$	11:30-12:30 Shibashi \$		11:30-12:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
3:00-3:45 Tai Chi Adv. \$	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	12:30-4:00 Open Play Cards and Mah Jongg *
4:00-5:30 Line Dance Open Studio *	12:30-3:00 Open Play Cards and Mah Jongg*		1:00-1:45 Zumba Gold \$	1:00-2:00 Line Dance Beginner/Improver *
	1:00-1:45 Zumba Gold Chair \$		1:30-2:15 Tai Chi Beginners \$	2:15 - 3:15 Line Dance Introduction *
	2:00-2:45 Ageless Grace \$		2:00-4:00 Knitting and Cro- cheting \$	
	2:00-4:00 Knitting and Cro- cheting \$		2:30-3:15 Tai Chi Adv Sun Style Part 1 \$	
	4:00-5:30 Line Dance Open Studio *			

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants have to be cancelled, and **some classes may fill up.** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.